

How Can NPSP Help You?



-  To become a more confident parent
-  To understand the ages and stages of your child's development
-  To help your children develop social skills
-  To develop a support system To lessen stress
-  To make parenting fun
-  To improve communication between you and your spouse
-  To develop new friendships and to help you become more comfortable in the military community

Reference Guide

DEERS: 787-707-3989/3907

CYS Registration: 787-707-3787/3434

ACS/FAP: 787-707-3709

Exceptional Family Members Program
(ACS/EFMP): 787-707-3295

Military One Source: 1-800-342-9647

Domestic Violence Hotline (Victim
Advocacy Services) 787-221-7982

TO REPORT CHILD ABUSE/NEGLECT:

On Post:

Directorate of Emergency Services
(DES) 787-707-3337

Rodriguez Army Health Clinic:
FAP Social Worker
787-707-2050

24/7 On-Call Line
787-420-9316

Off Post:

Department of the Family (Child
Protective Services): 787-749-1333
or 211

Army Community Service Bldg. 225
Davis Street Fort Buchanan, PR 00934
787-707-3804

Army Community Service Family Advocacy Program



New Parent Support Program





WHAT IS THE NEW PARENT SUPPORT PROGRAM?

The New Parent Support Program (NPSP) provides educational and prevention services to eligible Families with children prenatal to 3 years old whether they live on or off the installation. Activities and services provided include information and referral to military and civilian programs that support parents of infants and young children, such as parenting programs and morning playgroups for children. All activities and services provided through NPSP are voluntary and non-stigmatizing and emphasize the parent’s strengths.



Goals of NPSP

1. Contribute to mission readiness.
2. Support Family member adaptation to military life.
3. Enhance the knowledge and skills Family members need to form healthy relationships and provide safe, nurturing environments for children to prevent Family violence.
4. Foster a supportive military community for young military families.

HOW TO PARTICIPATE

Interested Families may contact the Army Community Service (ACS)/Family Advocacy Program (FAP) for more information.



ELIGIBILITY REQUIREMENTS

Expectant parents and parents of children from birth to three years of age who are active duty service members, Army Reserve, and Army National Guard members who are on active duty for 30 days or more and to Family members who are assigned, attached, and reside on the Fort Buchanan installation.

PLAY GROUPS

Play groups enhance parent-child interactions and stimulate child growth and development. Registration is required.

REALISTIC EXPECTATIONS CLASS

The weekly Realistic Expectations class focuses on a specific stage of development and addresses the milestones and/or concerns that parents may have, as well as provides useful tips for parents of children in each stage.

**For more information call:
787-3709/3804 or email:
ruth.e.gonzalez.civ@mail.mil**